

Activities for Adults

**FOR FURTHER INFORMATION ON ANY OF OUR CLASSES OR TO REGISTER, CALL 562-383-4200.
TO REGISTER ONLINE VISIT: [HTTPS://APM.ACTIVECOMMUNITIES.COM/CITYOFLAHABRA/HOME](https://apm.activecommunities.com/cityoflahabra/home)**

The City reserves the right to substitute instructors, cancel activities, change dates, times and/or locations as necessary without public notice. We apologize for any resulting inconvenience.

Dance

LATIN RHYTHM (RITMO LATINO)

★**NEW**★ In this exciting class, you will learn the fundamental steps and lead/follow used in traditional “partner-style” Latin dances, including Cumbia, Merengue, Salsa and Bachata.

Instructor: Corona Dance Studio

Age: 13+ yrs	Fee: \$47/4 wks	Location: CDS
#2501.400	TUE 9/15-10/6	6:00-7:00 pm
#2501.400	TUE 10/13-11/3	6:00-7:00 pm
#2501.400	TUE 11/10-12/1.....	6:00-7:00 pm

ADULT BEGINNING BALLET

Have you always wanted to take a ballet class? This class will go through the basics of ballet in a non-threatening environment that will leave you feeling a little taller and more graceful afterwards.

Instructor: Aspire Wellness Studio

Age: 16+ yrs	Fee: \$40/4 wks	Location: AWS
#2500.400	TUE 9/15-10/6	9:00-10:00 am
#2500.401	TUE 10/13-11/3	9:00-10:00 am
#2500.402	TUE 11/10-12/1.....	9:00-10:00 am

BASIC BALLROOM

For a wedding party, a cruise or merely an occasional night out, you can use patterns and techniques learned in this basic ballroom dance class that includes Waltz, Tango and Cha-Cha. You will learn intro steps, basic counts and posture. Singles and couples welcome.

Instructor: Rita Mendoza

Age: 14+ yrs	Fee: \$36/9 wks	Location: VMH
#2504.400	TUE 9/22-11/17.....	7:15-8:00 pm

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La Habra Residents

JOIN TEAM TENNIS
Call RON with inquiries
714-915-7177

NEW JUNIOR PROGRAM
Monday-Friday
4:00-5:30 p.m.
Saturday 1:00-2:30 p.m.

MEN'S ROUND ROBIN TENNIS
Tuesdays, Level 2.5 & above:
\$12 per night
Wednesdays, Level 4.5 & above:
\$8 per night

La Habra Tennis Center
351 S. Euclid Street
562-690-5040
www.lahabratenniscenter.com

\$1 Tennis Lessons
for ages 10 years & older
La Habra Residents only
Please call: 714-915-7177

No black-soled shoes allowed on the courts. Thank you.

Dance

BASIC SALSA

Learn one of today's "hottest" dances — Salsa! This Salsa class will give you a basic understanding, plus teach you steps that will have you movin' to the Latin beat sooner than you think! Patterns will vary in each 8-week session.

Instructor: Rita Mendoza

Age: 14+ yrs Fee: \$35/8 wks Location: VMH
#2507.400 TUE 9/22-11/10 8:00-8:45 pm

BELLY DANCING

Belly dancing, with its mystical movements, will inspire your spirit to breathe, expand and stretch. Come and celebrate the goddess within! With sharp hip accents, shimmies, undulations and veil work, you'll get an intense workout that feels wonderful.
No class on Saturday, October 17th & Wednesday, November 11th.

Instructor: Yeril Barlup

Age: 15+ yrs Fee: \$37/8 wks Location: LHCC
#2502.400 (Int) ... WED 9/23-11/18 7:30-8:30 pm
#2503.400 (Beg) . TUE 9/22-11/10 7:30-8:30 pm
#2502.401 (Int) SAT 9/26-11/21 10:00-11:00 am
#2503.401 (Beg) .. SAT 9/26-11/21 11:00 am-12:00 pm

Fitness for Fun

STROLLER FIT MOMS

★NEW★ Stroller fitness taught by a mom who has been there! Join us for fitness, friendship and fun! Bring your stroller and kiddos. We will walk our way to feeling stronger, making new friends, and improving your mood. All fitness levels are welcome. Don't forget water and a towel or mat. You can enroll in both the Tuesday and Thursday class for a discounted rate and more consistent exercise. If you are a mom, and you no longer use a stroller, you are still welcome to join the class. There is a \$5 supply fee payable to the instructor for the resistance bands that I will provide, in addition to the use of other equipment, which includes weights, ab balls, weighted balls and more.

Instructor: Michelle Flores

Age: 18+ yrs Fee: \$57/5 wks Location: PNP
#3009.401 TUE/THUR 9/15-10/15 9:30-10:45 am
#3009.402 TUE/THUR 10/20-11/19 9:30-10:45 am

Age: 18+ yrs Fee: \$35/5 wks Location: PNP
#3009.403 TUE 9/15-10/13 9:30-10:45 am
#3009.404 THUR 9/17-10/15 9:30-10:45 am
#3009.405 TUE 10/20-11/17 9:30-10:45 am
#3009.406 THUR 10/22-11/19 9:30-10:45 am

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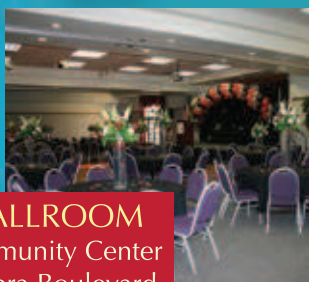
Visit La Habra Online at: www.lahabraca.gov. Help our environment — please recycle this magazine!

City of La Habra Facility Rentals

Perfect for Quinceañeras,
Wedding Receptions,
Graduations, Baptisms,
Retirements, Business
Meetings & More



GRAND BALLROOM
La Habra Community Center
101 W. La Habra Boulevard



ALSO AVAILABLE:

SCOUT HUT

1100 W. Lambert Road (at Idaho)

- 2,379 Square Feet
- Accommodates up to 200 Banquet Style, 330 Theatre Style
- Please note: limited parking

VETERAN'S MEMORIAL HALL

209 N. Orange Street (at Erna)

- 1,860 Square Feet
- Accommodates up to 150 Banquet Style, 250 Theatre Style

- 18,000 Square Feet of New Spacious Accommodations
- Accommodates up to 450 Banquet Style, 600 Theatre Style
- Banquet & Meeting Rooms available
- Smaller Rooms available at hourly rates
- Perfect for birthday parties & small gatherings

**Contact Alicia Kautz at 562-383-4219
or Josie Anderson at 562-383-4217 for
Reservations or Additional Information**

HOT HULA FITNESS® WITH KAT

★NEW★ Hot Hula Fitness® is a new fun and exciting low-impact workout inspired by the dances of the South Pacific Islands. It will isolate your large muscle groups, increasing strength and adding body definition. This class is suitable to all levels of fitness. Sign up for a second class and save \$5. **No class on Wednesday, November 11th.**

Instructor: Kat

Age: 12+ yrs	Fee: \$60/6 wks	Location: CDS
#3000.400	MON 9/14-10/19	3:00-4:00 pm
#3000.401	WED 9/16-10/21	3:00-4:00 pm
#3000.402	MON 10/26-11/30	3:00-4:00 pm
#3000.402	WED 10/28-12/2	3:00-4:00 pm

INSANITY FITNESS

★NEW★ The revolutionary, cardio-based, total body conditioning program is here! This calorie-torching, shirt-soaking workout is based on the principles of MAX Interval Training, and you'll be ripping through the most heart-pumping, muscle-shredding, sweat-dripping, high-intensity cardio workout ever, to find out what you're really made of. It is designed to provide you with a safe, challenging and results-driven workout with no equipment necessary.

Instructor: Corona Dance Studio

Age: 15+ yrs	Fee: \$22/4 wks	Location: CDS
#3004.400	WED 9/16-10/7	8:00-9:00 pm
#3004.401	WED 10/14-11/4	8:00-9:00 pm
#3004.402	WED 11/11-12/2	8:00-9:00 pm

LA HABRA POLICE DEPARTMENT RADIO PATROL

If you want to volunteer your time and service to the community, the La Habra Police Department's Radio Patrol program may be perfect for you! Radio Patrol consists of men and women who serve as uniformed volunteers helping to make the community a safer place to live. Some of the duties include assisting with traffic control, helping out during unforeseen events such as power outages, and reporting suspicious activities witnessed when out on patrol.



REQUIREMENTS: 18 years of age and older, Valid California driver's license, Complete Application, Background Check

For more information, please call 562-383-4300.

EASY MOVEMENT

This class includes easy moves that start with the head and neck and work all the way down to your toes! Instructor Karon Thomas has taught this class for 13+ years, as well as teaching dance for many years. She combines moves from modern dance, ballet, jazz, Tai Chi walking, yoga, Chi Gong and aerobics to give you a thorough, safe workout. Please bring two 1-lb. weights or two 1-lb. cans of food to class.

Instructor: Karon Thomas

Age: 40+ yrs	Fee: \$36/6 wks	Location: LHCC
#3026.400	TUE 9/22-10/27	4:30-5:30 pm

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>



Futsal Leagues

STRUCTURE:

**Minimum of 5 players, maximum 10
8 to 12 teams per season**

**Winners receive: Toque gear,
medals & a surprise award!**

FEES:

**\$25 per player per year, which covers
annual secondary medical insurance
(year cycle consists of September thru August)**

\$45 referee fee per game

YOUTH DIVISIONS (BOYS & GIRLS)

U7 | U9 | U11 | U13

ADULT DIVISIONS (MALE & FEMALE)

MEN | WOMEN | CO-ED

Men's Sunday Soccer League

Registration: \$35 per person

Team Registration: \$100

Referee Fee: \$100 per game

Open to ages 16+ years

**All games are held at La Bonita Park Futsal
Courts, 1440 W. Whittier Blvd., La Habra**

**For information or to register for any of
these activities, please call
562-316-9492 or 562-212-0671**

INFANT, PRESCHOOL & SCHOOL-AGE PROGRAMS

Services provided for children

6 weeks to 12 years of age

6:15 am–6:00 pm

562-383-4270

Must meet eligibility requirements.



EARLY HEAD START

Federally funded home-based educational enrichment program for children 0 to 3 years old. Home visits are conducted once a week for 1½ hours. Group socialization activities occur once every two weeks. **562-383-4270**

HEAD START

Federally funded Head Start program for children ages 3 to 5 years old for 3½ hours a day. **Lambert Site:**
562-383-4256/CDC: 562-383-4262

HEAD START/STATE PRESCHOOL WRAP PROGRAM

Federal and State funded program for children 3 to 5 years for 7 hours per day. **562-383-4270**

STATE PRESCHOOL

State funded program for 3 to 5 year old children. Part-day (3 hours) or full-day (11 hours, 15 minutes) services are available. **562-383-4262**

FAMILY CHILD CARE HOME PROVIDERS

Subsidized Child Care in Family Child Care Homes for Infants 6 weeks old to 3 years. **562-383-4285**

SCHOOL-AGE YEAR ROUND SUBSIDIZED CHILD CARE

Before and After school program/full-day. Transportation to and from La Habra City School District on school buses. Please call for more information and to receive an eligibility information questionnaire to be placed on the waiting list. Fees are based on income. **562-383-4250**

Children enrolled in the Center-based programs are provided with nutritious meals based on CACFP guidelines.

Fitness for Fun

YOGA BY CANDLELIGHT

Destress from your day with a peaceful, energizing yoga experience by candlelight. Tone and stretch the total body with yoga exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles. This class also includes in-depth instruction on yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Advanced beginner and intermediate levels are taught. Please bring a yoga sticky mat, blocks, and strap to class.

*Instructor: Angela King,
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs Fee: \$100/10 wks Location: LHCC
#3001.400 MON/THUR 9/14–11/19 7:00–8:15 pm

PILATES YOGA STRETCH & TONE

Destress from your day with a peaceful, energizing yoga and Pilates experience by candlelight. Tone and stretch the total body with mat Pilates exercises emphasizing the abdominals, thighs and buttocks, to shape and sculpt long, lean core muscles with the aid of Dynaflex bands and exercise balls. This class also includes in-depth instruction on basic yoga postures and breathing techniques to enhance your sense of well-being and ability to relax. Beginning and intermediate levels are introduced. Please bring a yoga sticky mat, blocks, strap, and inflatable exercise ball to class.

*Instructor: Angela King,
Registered Yoga Alliance Certified Teacher (RYT)*

Age: 15+ yrs Fee: \$50/10 wks Location: LHCC
#3008.400 MON 9/14–11/16 5:45–6:45 pm

METTA YOGA

Discover the secret of kind-heart meditation and learn how to harness smart hormones from seven endocrine systems and six ring muscles. Breathing from the diaphragm and weight resistance techniques are used to generate healing heat throughout the body. This also alleviates the symptoms of worry, anxiety, anger, and apathy and induces sustained inner calm. Bone density retention and an aging brain are key issues for all adults. According to neuroscience, our brain needs exercise in the same way our body muscles do to increase optimal function and enjoy a meaningful life. Instruction is based on ancient Theravada Buddhist teachings. Bring a yoga mat, eye cover, and a blanket. **No class on Saturday, October 17th.**

Instructor: Sultan Haque

Age: 18+ yrs Fee: \$97/11 wks Location: LHCC
#3003.400 SAT 9/19–12/5 10:00 am–12:00 pm

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information, please call 562-383-4200.

ONE BODY STUDIOS CLASSES

PRENATAL YOGA

Practicing prenatal yoga can be a wonderful way to put time aside for yourself and your baby. Although most gentle types of yoga are appropriate during pregnancy, there are a few things to avoid so that your pregnancy yoga experience is safe and enjoyable. This class will safely guide expecting mothers through helpful poses that address stress management, breathing techniques and hip opening. **No class on Thursday, November 26th.**

Age: 18+ yrs	Fee: \$30/4 wks	Location: OBS
#3017.400	THUR 9/17-10/8	5:30-6:30 pm
#3017.401	THUR 10/15-11/5	5:30-6:30 pm
#3017.402	THUR 11/12-12/10	5:30-6:30 pm

RESTORATIVE FLOW YOGA

Looking for a class that offers deep stretching and a gentle flow? This class is rooted in movement of the breath and provides your body with an opportunity to release stress and gain flexibility. Perfect class for those new to yoga, as it is slower paced and uses props such as bolsters, blankets, straps and blocks.

Age: 18+ yrs	Fee: \$30/4 wks	Location: OBS
#3010.400	WED 9/16-10/7	7:30-8:30 pm
#3010.401	WED 10/14-11/4	7:30-8:30 pm
#3010.402	WED 11/11-12/2	7:30-8:30 pm

YOGA

Is yoga right for you? It is if you want to fight stress, get fit, and stay healthy! Yoga energizes the body and calms the mind through a variety of poses emphasizing balance, breath, and deep stretching. This all-levels class perfectly blends standing with seated poses, giving you a full body workout. The class closes with a guided relaxation, leaving you feeling relaxed and rejuvenated. **No class on Thursday, November 26th.**

Age: 18+ yrs	Fee: \$30/4 wk	Location: OBS
#3019.400	MON 9/14-10/5	12:00-1:00 pm
#3019.401	MON 10/12-11/2	12:00-1:00 pm
#3019.402	MON 11/9-11/30	12:00-1:00 pm
#3019.403	WED 9/16-10/17	12:00-1:00 pm
#3019.404	WED 10/14-11/4	12:00-1:00 pm
#3019.405	WED 11/11-12/2	12:00-1:00 pm
#3019.406	THUR 9/17-10/8	9:00-10:30 am
#3019.407	THUR 10/15-11/5	9:00-10:30 am
#3019.408	THUR 11/12-12/10	9:00-10:30 am

INTRO TO YOGA

★NEW★ Intro to Yoga is a special four-week series geared towards introducing you to the fundamental movements and breath work of yoga. It is recommended for those who have never taken yoga, less experienced yoga participants, those recovering from an injury, or those who would like a more gentle session.

Age: 18+ yrs	Fee: \$30/4 wks	Location: OBS
#3002.400	TUE 9/15-10/6	4:00-5:00 pm
#3002.401	TUE 10/13-11/3	4:00-5:00 pm
#3002.402	TUE 11/10-12/1	4:00-5:00 pm

INTRO TO PILATES MAT

★NEW★ Intro to Pilates Mat is a special four-week series geared towards introducing you to the fundamental movements and breath work of Pilates mat. It is recommended for those who have never taken Pilates, less experienced Pilates participants, those recovering from an injury, or those who would like a more gentle session.

Age: 18+ yrs	Fee: \$30/4 wks	Location: OBS
#3018.400	WED 9/16-10/7	4:00-5:00 pm
#3018.401	WED 10/14-11/4	4:00-5:00 pm
#3018.402	WED 11/11-12/2	4:00-5:00 pm

PILATES MAT

Our Pilates Mat classes are designed to strengthen core muscles and align the body. Using the Pilates foundation of slow, sustained, controlled movement, our classes will help you achieve a balanced, lean, muscular physique. At One Body Studios, we also incorporate the use of Pilates props to assist our students to properly execute these fun and challenging exercises.

Age: 18+ yrs	Fee: \$30/4 wks	Location: OBS
#3016.400	MON 9/14-10/5	8:00-9:00 am
#3016.401	MON 10/12-11/2	8:00-9:00 am
#3016.402	MON 11/9-11/30	8:00-9:00 am
#3016.406	WED 9/16-10/7	8:00-9:00 am
#3016.407	WED 10/14-11/4	8:00-9:00 am
#3016.408	WED 11/11-12/2	8:00-9:00 am

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SAVE THE DATE!

5K/10K Run/Walk

1K Kiddy Run

50 Yard Diaper Dash

Saturday, March 12, 2016



Fitness for Fun

ASPIRE WELLNESS STUDIO CLASSES

PILATES MAT

Pilates Mat class incorporates a series of movements designed to increase core strength using the body's own resistance to improve circulation, breathing, posture and body awareness. Classes incorporate small equipment, such as bands, magic circles, foam rollers and balls of various size. All levels of experience are welcome. **No class on Thursday, November 26th.**

Age: 13+ yrs	Fee: \$30/4 wks	Location: AWS
#3020.400	TUE 9/15-10/6	5:00-6:00 pm
#3020.401	TUE 10/13-11/3	5:00-6:00 pm
#3020.402	TUE 11/10-12/1	5:00-6:00 pm
#3020.403	WED 9/16-10/7	7:00-8:00 pm
#3020.404	WED 10/14-11/4	7:00-8:00 pm
#3020.405	WED 11/11-12/2	7:00-8:00 pm
#3020.406	THUR 9/17-10/8	7:00-8:00 pm
#3020.407	THUR 10/15-11/5	7:00-8:00 pm
#3020.408	THUR 11/12-12/10	7:00-8:00 pm

PILATES YOGA

Pilates Yoga incorporates a blend of Pilates Mat exercises and yoga poses designed to strengthen the core, while lengthening the muscles and challenging them to sustain basic yoga postures.

Age: 16+ yrs	Fee: \$30/4 wks	Location: AWS
#3021.400	WED 9/16-10/7	8:00-9:00 am
#3021.401	WED 10/14-11/4	8:00-9:00 am
#3021.402	WED 11/11-12/2	8:00-9:00 am

HATHA YOGA

Yoga exercises the whole body. In this class, we explore different yoga postures and sequences focusing on stretching and toning muscles. All levels of experience are welcome. **No class on Thursday, November 26th.**

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3022.400	THUR 9/17-10/8	8:00-9:00 am
#3022.401	THUR 10/15-11/5	8:00-9:00 am
#3022.402	THUR 11/12-12/10	8:00-9:00 am

STRETCH & TONE

This class is designed to build strength and increase length in the muscles of the body. The class incorporates foam rollers, resistance balls of various sizes, resistance bands, magic circles, and hand weights to achieve the desired results.

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3023.400	FRI 9/18-10/9	8:00-9:00 am
#3023.401	FRI 10/16-11/7	8:00-9:00 am
#3023.402	FRI 11/14-12/5	8:00-9:00 am

THERAPEUTIC GENTLE YOGA

This gently paced class uses therapeutic sequencing, breath work, props & visualization to help restore balance and harmony to the mind and body. All are welcome!

Instructor: Tina Makris, Anahata Yoga & Wellness

Age: 18+ yrs	Fee: \$30/4 wks	Location: AWS
#3025.400	TUE 9/15-10/6	10:30-11:30 am
#3025.401	TUE 10/13-11/3	10:30-11:30 am
#3025.402	TUE 11/10-12/1	10:30-11:30 am

ZUMBA®

Ditch the workout and join the party! Zumba is an easy to follow dance fitness program for people of all ages. Let loose to Latin-inspired rhythms and fun moves that get your body movin' and your heart pumpin'! Join your groove with mine, and let's burn some calories and have a blast! Register for more than one class and get \$5 off each additional class. **No class on Tuesday, November 24th; Wednesday, November 11th & 25th; Thursday, November 26th & Saturday, October 10th & November 28th.**

Instructor: Katrina Fritter, Licensed Zumba Instructor

Age: 12+ yrs	Fee: \$60/12 wks	Location: TUES/SH THUR/VMH
#3012.400	TUE 9/15-12/8	7:00-8:00 pm
#3012.402	THUR 9/17-12/10	8:00-9:00 pm

Age: 12+ yrs	Fee: \$55/11 wks	Location: WED/VMH
#3012.401	WED 9/16-12/9	7:00-8:00 pm

Age: 12+ yrs	Fee: \$50/10 wks	Location: VMH
#3012.403	SAT 9/19-12/5	9:00-10:00 am

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PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.



**GRAFFITI HOTLINE:
562-383-4220**

TAI CHI: LIU HE BA FA

Six harmonies eight methods uses small increments to release the whole body, mind and spirit into every move. All moves are both attacks and defense. 16 movements unlock 66 movements, 66 movements explore triangles, circles and squares.

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs	Fee: \$42/6 wks	Location: LHCC
#3007.400.....	MON 9/14-10/19	7:00-8:30 pm
#3007.401	MON 10/26-11/30	7:00-8:30 pm

TAI CHI CHUAN

This class includes eight treasures and 24 form. Movements are low impact with high health benefits. Slow movements and slow breathing help to develop balance, flexibility and stamina, while reducing stress. **October 17th class will meet at Oeste Park, 2300 W. Lambert Rd. No class on Saturday, November 28th.**

*Instructor: Nancy O'Brien,
Certified International Judge (Tai Chi)*

Age: 7+ yrs	Fee: \$42/6 wks	Location: LHCC
#3011.400	SAT 9/19-10/24	10:30 am-12:00 pm

Age: 7+ yrs	Fee: \$35/5 wks	Location: LHCC
#3011.401.....	SAT 10/31-12/5.....	10:30 am-12:00 pm

JACKI'S AEROBIC DANCING

Jacki's aerobic dancing is a fitness program that is totally FUN! Participants learn progressive choreographed dances that are designed to give an excellent cardiovascular and muscular workout. Participants dance to a wide variety of music at their own level of fitness. A good supportive shoe and towel or mat are required. **No class on Wednesday, November 11th.**

Instructor: Nancy McNabb

Age: 15+ yrs	Fee: \$70/7 wks	Location: MON/SH WED/VMH
#3005.400	MON/WED 10/26-12/9	5:45-6:45 pm

X-TREME FITNESS KICKBOXING

Are you ready to make a change with your body? Take control over your body with Fitness Kickboxing! It's a workout where you can kick and punch your way to achieving the fitness goals you've always wanted. Fitness Kickboxing is the best total body workout to lose weight, tone and shape up, gain endurance and flexibility, relieve stress, meet new friends and have fun. This class is the #1 calorie-burning workout, consuming an amazing 800 calories per hour. Classes are ongoing for women and men with ALL levels of fitness ability.

Instructor: Amanda Molina

Age: 13+ yrs	Fee: \$47/4 wks	Location: FMA
#3006.400	TUE 9/15-10/6	6:45-7:30 pm
#3006.401	THUR 9/17-10/8	6:45-7:30 pm
#3006.402	MON 10/19-11/9	6:45-7:30 pm
#3006.403	THUR 10/22-11/12.....	6:45-7:30 pm

KRAV MAGA FOR PERSONAL SELF-PROTECTION

Learn easy, effective self-protection from the most common threats and street attacks! Anyone can come and learn. It's also a fun workout that will reduce stress and get you into shape. Participants MUST bring gloves and purchase a t-shirt at the first class for \$17.

Instructor: Frazier Martial Arts

Age: 15+ yrs	Fee: \$47/4 wks	Location: FMA
#3014.400	MON 9/14-10/5	6:00-6:45 pm
#3014.401	WED 9/16-10/7	6:00-6:45 pm
#3014.402	WED 10/21-11/11	6:00-6:45 pm
#3014.403	SAT 10/24-11/14	8:00-8:45 am

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To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

*For further information,
please call 562-383-4200.*



CITY OF LA HABRA

Adult Basketball League

**Tuesday Evenings
October 5th-November 10th**

Fee: \$45 per player

**Games will be played at
Crossroads Community
Church Gym**

**Registration Deadline:
Friday, September 25th**

*For more information, please contact
Bernard Nolen at 562-383-4210.*

Music

PIANO FOR YOU!

Wish you had learned the piano? Now's your chance! Learn to play the piano at your own pace in a group setting. Class size is limited to 6 adults, so register early. Individual keyboards are provided in class; however participants must have access to a keyboard or piano to practice on outside of class. A \$20 supply fee for an instructional book (cash only) is payable to the instructor at the first class meeting. **No class on Tuesday, November 24th.**

Instructor: Southern California Academy of Music

Age: 18+ yrs	Fee: \$45/5 wks	Location: LHCC
#5012.400	TUE 9/15-10/20	9:30-10:15 am
#5012.401	TUE 10/27-12/8	9:30-10:15 am

VOICE FOR ADULTS

Do you like to sing? Tell your friends and neighbors about this class, which will teach them to breathe properly, sing on pitch, and have fun at the same time. Participants will sing as a group, but will focus on individual performance.

Instructor: Patrick's Music School

Age: 16+ yrs	Fee: \$87/6 wks	Location: PMS
#5013.400	SAT 9/19-10/24	1:30-2:20 pm

Art

QUILTING

★**NEW**★ We will work on quilting ideas for the holidays and seasonal projects. Decorate your home for the holidays with quilted table runners and a small wall hanging, as well as mug rugs. Make several to have on hand for the holiday season! A \$5 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, November 26th.**

Instructor: Beverly Smyth

Age: 18+ yrs	Fee: \$80/12 wks	Location: LHCC
#7002.400	THUR 9/10-12/3	6:00-9:00 pm

INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form.

Instructor: Carlos Moreno

Age: 15+ yrs	Fee: \$37/5 wks	Location: LHCC
#7003.400	MON 9/14-10/12	6:30-8:00 pm
#7003.401	MON 10/19-11/16	6:30-8:00 pm

continued >>>



La Habra City School District Presents

"The Music & Movement Phenomenon"

Sing, dance, play instruments and have a musical adventure with your child at our Music & Movement Workshop. It's never too soon to help your child develop a love of music. Workshops focus on movement, rhythms, building vocabulary and family fun! For more information or to obtain a schedule, please call 562-690-2305.

"Fenomeno de Musicay Movimiento"

Canta, baila, juega con instrumentos y ten una experiencia musical con tu niño en nuestro Taller de Musica y Movimiento. Ahora es una buena edad de comenzar en desarrollar el amor a la musica en los pequenos. El taller consiste de movimiento, ritmos, y diversion mientras desarrollamos su vocabulario! Para mas información o para obtener los horarios, por favor llame 562-690-2305.

Advance! and the City of La Habra present

LA HABRA GOES TO COLLEGE



Student/Parent Panels & General College Information

COME FIND OUT HOW TO:

- ✓ Prepare for College
- ✓ Apply to Colleges
- ✓ Pay for College

Sunday, September 27th, 2015

1:00 p.m. to 5:00 p.m.

at the La Habra Community Center

For more information, please call *Advance!* at 562-691-2117.

PHOTOGRAPHY BOOT CAMP

Take your photography to the next level. In this intermediate class you will learn the refinements of your camera and photography. You will also learn lighting techniques and posing for groups and individuals. Ever wonder what's the best lens to use or how to get that blurry look in the background? You will learn that also. We will also cover file management and backup systems. Our class will end with a photo shoot to refine our skills.

Instructor: Gary Apodaca, Imageworks Photography Studio

Age: 18+ yrs **Fee: \$97/4 wks** **Location: LHCC**
#7001.400 MON 10/5-10/26 7:00-8:30 pm

NORTH O.C. GEM & MINERAL SOCIETY CLASSES

Please note that a sample of each jewelry project will be in the display case in the lobby at the Community Center.

SILVER & BLACK LEATHER BRACELET

★NEW★ In this class, participants will make a black leather bracelet with silver ornamentation and clasp. There is a \$25 supply fee that covers the cost of materials, which includes leather, silver clasp and decoration, as well as use of tools.

Age: 16+ yrs **Fee: \$10/1 mtg** **Location: LHCC**
#7006.400 WED 9/23 6:00-9:00 pm

STERLING SILVER WIRE WRAP PENDANT

★NEW★ In this class, participants will make a sterling silver wire wrap pendant. There is a \$25 supply fee that covers the cost of materials, which includes silver wire, stone, instruction, as well as use of tools.

Age: 16+ yrs **Fee: \$10/1 mtg** **Location: LHCC**
#7007.400 WED 10/28 6:00-9:00 pm

HOLIDAY WREATH PIN

★NEW★ In this class, you will create a wire wreath decorated with beads and flowers. You will learn how to construct the wreath and how to make the latest craft wire and nail polish flowers.

Age: 16+ yrs **Fee: \$10/1 mtg** **Location: LHCC**
#7008.400 THUR 11/19 6:00-9:00 pm

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

Personal Enrichment

NUTRICIÓN Y SALUD

★NUEVO★ Esta clase incluirá los principios básicos sobre nutrición. Se instruirá sobre los principios básicos de los nutrientes más importantes tales como los carbohidratos, proteínas y grasas y su importancia en la nutrición y salud. Un análisis individual sobre las importancia de estos nutrientes será enfatizado. Se analizarán etiquetas de comida para educar a los estudiantes y ayudarlos a tomar decisiones saludables a la hora de consumirlos. Una introducción sobre como cocinar de una manera más sana será incluida y ejemplificada. La meta de esta clases es educar la comunidad Hispana y a sus familias a incluir comidas saludables en su dieta cotidiana. Se enfatizará el cambio de estilo de vida.

Instructor: Esther Estrada

Age: 16+ yrs **Fee: \$37/6 wks** **Location: LHCC**
#5001.400 TUE 9/8-10/13 10:00-11:00 am
#5001.401 TUE 10/27-12/1 10:00-11:00 am

LOSE WEIGHT NOW!

Are you unhappy, frustrated or just plain stuck? Excess weight can damage your health, so take control now! Easily lose the weight and enjoy doing it! The dieting cycle could be harming you, causing you to focus on food, rather than on you. Enjoy shopping for clothes, improve your health, sleep easier, and so much more. Bring chocolate or other food that you crave to the first session, and the instructor will eliminate those cravings. The instructor will use hypnosis, so please be sure to wear comfortable clothing and bring a pillow and yoga mat for relaxation. There is a \$5 supply fee payable to the instructor at the first class meeting. A follow-up CD is available for purchase in class.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t, Advanced Energy Therapist-EFT-ADV

Age: 18+ yrs **Fee: \$47/1 mtgs** **Location: LHCC**
#5009.400 MON 10/12 6:00-9:00 pm

continued >>>

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information, please call 562-383-4200.



COME VISIT THE FRIENDS OF THE LA HABRA LIBRARY USED BOOK STORE

10 am to 8 pm, Monday-Thursday
10 am to 5 pm, Friday & Saturday
Closed Sunday

LOCATED IN THE
**ORANGE COUNTY
PUBLIC LIBRARY**
La Habra Branch
221 E. La Habra Blvd.



Personal Enrichment

STOP SMOKING NOW!

Would you like to become a permanent non-smoker? If so, this workshop is perfect for you! The instructor will eliminate your nicotine cravings using energy therapy and will teach you how to use that tool for yourself for many other benefits. The remainder of the session will deal with the subconscious triggers that cause you to reach for a cigarette. Because the instructor will use hypnosis, please be sure to wear comfortable clothing and bring a pillow for relaxation. There is a \$5 supply fee payable to the instructor at the first class meeting. A follow-up CD is available for purchase in class.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t., Advanced Energy Therapist – EFT-ADV

Age: 18+ yrs	Fee: \$47/1 mtg	Location: LHCC
#5010.400	MON 10/19	7:00–9:00 pm

PAINS, ANXIETIES, ADDICTIONS, FEARS & PHOBIAS REMOVED

Do you suffer from caffeine, chocolate or food addictions? Have those and other addictions removed during this workshop. How about pain? Arthritis, carpal tunnel syndrome, headaches? Bring them in and leave them here. Do you have severe anxieties? Stressed from work? Post traumatic stress syndrome? Let's get rid of them. Drag out your biggest fears and phobias and have them completely removed during this exciting and educational workshop. There is a \$5 materials fee for handouts payable to the instructor in class. Instructor has over 25 years experience in this field.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t., Advanced Energy Therapist–EFT-ADV

Age: 18+ yrs	Fee: \$47/1 mtg	Location: LHCC
#5011.400	MON 10/26	6:00–9:00 pm

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

INTRODUCTION TO COMPUTERS & WORD PROCESSING

Never touched a computer? Maybe you did, but felt confused. It's never too late to learn! This class will introduce you to those basic computer skills you need to operate your computer. Class includes hands-on practice and will benefit beginners and experienced users who want to sharpen their office computing skills. We will set up a free email address for you so you can communicate with family and friends. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, November 26th.**

Instructor: AGI Academy

Age: 16+ yrs	Fee: \$90/6 wks	Location: PP
#5002.400	THUR 9/17–10/22	8:00–9:00 pm
#5002.401	THUR 10/29–12/10	8:00–9:00 pm

MICROSOFT EXCEL & POWERPOINT

Learn to make spreadsheets for bookkeeping and other information with Microsoft Excel. Participants will learn Excel's basic functions and how to use formulas and make charts with the given data, as well as using PowerPoint to create a slideshow to go along with an Excel presentation. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, November 26th.**

Instructor: AGI Academy

Age: 16+ yrs	Fee: \$90/6 wks	Location: PP
#5005.400	THUR 9/17–10/22	7:00–8:00 pm
#5005.401	THUR 10/29–12/10	7:00–8:00 pm

continued >>>

To register online visit: <https://apm.activecommunities.com/cityoflahabra/home>

For further information,
please call 562-383-4200.



Breakfast
Thurs., October 29th
at the La Habra
Community Center

For reservations, please call
562-383-4200

(Reservations Are Required)

INTRODUCTION TO COMPUTERS FOR SENIORS

It's never too late to learn computers! This class will introduce you to all the basic skills and terms you will need to operate a computer. We will show you how to use Microsoft Word and all its useful functions for basic communication. Experienced users can improve their skills by using this powerful word processing tool and integrating it with a digital camera for making professional flyers or document. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, November 26th.**

Instructor: AGI Academy

Age: 55+ yrs	Fee: \$90/6 wks	Location: PP
#5007.400.....	THUR 9/17-10/22	1:00-2:00 pm
#5007.401	THUR 10/29-12/10	1:00-2:00 pm

INTRODUCTION TO THE INTERNET & E-MAIL FOR SENIORS

Explore the online world and connect with your family and friends! Class includes hands-on practices, a free e-mail account setup, surfing the Internet and learning how to use search engines. Experienced users can update their skills by using Microsoft Word and integrating it with the Internet search for special projects, such as making travel plans and doing research. A \$10 supply fee is payable to the instructor at the first class meeting. **No class on Thursday, November 26th.**

Instructor: AGI Academy

Age: 55+ yrs	Fee: \$90/6 wks	Location: PP
#5006.400	THUR 9/17-10/22	2:00-3:00 pm
#5006.401	THUR 10/29-12/10	2:00-3:00 pm

DOG OBEDIENCE & BEHAVIOR CONDITIONING

Is Spot always in the dog house? If so, get him out and trained so that he can become a happier member of your pack! This seven-week class is open to all breeds of dog ages six months and older (larger breeds accepted at four months). Class activities will include basic obedience: heel, sit, stay, down-stay, come when called, stand for vet visits, wait command for door dashing, leave it command and walking on a loose leash without pulling. In addition, behavioral problems such as digging, excessive barking, nipping and jumping on people will be covered. Encouragement of nervous and sensitive dogs will also be addressed. Ms. Schmidt has worked as a dog trainer for 20 years, as well as working as an exotic animal trainer at Knott's Berry Farm. Her philosophy is "a thinking dog is a better behaved and happier member of the family". The first class meeting will be an orientation without dogs at the Community Center. A \$3 supply fee is payable to the instructor at the first class meeting. Class size limited to 10 participants and their dogs. **Please bring proof of your dog's vaccination to the first class meeting.**

Instructor: Shelley Schmidt

Age: 16+ yrs	Fee: \$95/7 wks	Location: SMP
#5003.400	9/19-10/31	10:00-11:00 am

PICTURES OF PARTICIPANTS MAY BE TAKEN AT THE CITY OF LA HABRA'S SPECIAL EVENTS, CLASSES AND PROGRAMS TO BE USED IN PUBLICITY MATERIALS FOR THE CITY OF LA HABRA.

Senior Health Fair

Move More, Eat Healthy

La Habra Collaborative

November 4, 2015
9am-1pm
101 W. La Habra Blvd.
La Habra, CA 90631

FREE HEALTH SCREENINGS:

- Vision
- Blood Pressure
- Glucose
- Bone Density
- Cholesterol
- Cortaid Artery
- Flu Shots
- Educational programs
- Nutrition education



562-383-4208
www.lahabracity.com

